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Drama

Lakeshore students put on workshop.
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Great news

Funding announcement will help revamp street. Page 4

Earth Day

Come out to E.C. Brown Conservation Area. Page 17

Hudak rapped

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FAIR TRADE CITY

Preparing for World Fair Trade Day

For InPort News

PORT COLBORNE — Fair Trade doesn't mean giving people in developing nations a hand out. It means making sure farmers, producers and workers in developing nations have a fair chance to benefit from their labour.

see FAIR | Page 2

NUMERACY: Speakers talk numbers

Math counts

DAVE JOHNSON
 InPort News Staff

PORT COLBORNE — A train leaves Toronto for Montreal at the same time as another train leaves Montreal for Toronto. The cities are 500 kilometres apart. The train travelling from Toronto is going 100 km/h, the train from Montreal is going 150 km/h. When do they meet?

Can't answer that question? Neither can many people these days.

That's why St. Therese school held a Numeracy Night last week, to stress the importance of math, said Grade 8 teacher Mike Mari.

Mari said six guest speakers — Mario Sebastiano of Super Mario Pizzeria, Niagara District Catholic School Board technology/specialist high skills major consultant Marco Magazzeni, parent Maria Vanderhorst, Lakeshore Catholic High School principal Dan DiLorenzo, deputy mayor Bea Kenny, Food Network chef Anna Olson — were invited to speak to students and parents.

see MATH | Page A2

DAVE JOHNSON Staff Photo

St. Therese Grade 4 teacher Stefan Kamendy goes over a math problem with students Matthew Mano, left, and Christopher Orfei during Numeracy Night at the school.



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■ FAIR TRADE DAY: May 8 marks ninth event

Spreading the message

FROM PAGE 1

That's a message the Port Colborne Fair Trade Committee wants to spread as World Fair Trade Day approaches.

On May 8 the world marks ninth Fair Trade Day.

It will also be for the committee since Port Colborne earned its status as a Fair Trade Town, the first city in Ontario to earn the distinction.

"We think it's important people care about the people who produce our products," says committee member Kelly Beck.

When it comes to the benefits fair trade can bring, Beck knows what she's talking about. She recently returned from a nine-month development project in Kenya.

While there she helped a farmer's co-operative negotiate directly with the buyers of their fruit. Where a travelling broker used to pay them about 10 cents for a kilogram of passion fruit, after Beck researched the market she helped the farmer bypass the broker.

They now receive close to \$1 a kilogram.

"It was quite a difference, and it's sustainable because now they are connected to the people they sell to," she explains.

Beck, who graduated from Port Colborne High School, earned her Bachelor of Arts in food sciences from the University of Guelph and a post graduate certificate in International Project Management from Humber College.

She is passionate about fair trade because it promotes economic and environmental sustainability, gender equity and fair working conditions, while also bringing to an end child labour.

The Kenya trip was Beck's second international project. In 2006 and 2007 she spent seven months in Tajikistan with MEDA helping fruit farmers in the Central Asian country develop quality control and food safety standards. By helping farmers become the first in Central Asia to earn the Hazard Analysis Critical Control Point (HACCP) designation, they are now able to export their apricots and other fruits to any market in the world.

In the process they have improved their crops' quality and safety, and increased their incomes.

When she is home, Beck has been engaged with Port Colborne's Fair Trade Committee.

That committee has had some notable achievements of late. Last May Port Colborne

became the first Ontario city to be declared a Fair Trade Town by TransFair Canada.

One of the committee's goals is to shed a light on some of the exploitation that underpins globalization and cheap consumer products developed nations consume without thought.

Recently the committee screened the movie *Big Sugar* at the Movies at the Guild Hall.

The movie sheds light on the human misery caused by the global trade in sugar, with its plantations where desperately poor Haitian migrants toil for about \$2 a day on American-owned plantations in the Dominican Republic in order to produce as cheaply as possible the commodity many nutritionists feel is at the heart of the developed world's obesity epidemic.

Last year the committee hosted Black Gold, a movie that chronicled similar practices in the world's second most traded commodity: coffee.

Port's Fair Trade Committee hasn't only been highlighting unfair practices.

It has been actively working to try to change them. It has hosted a visit with Stacey Toews, a passionate fair trade entrepreneur who co-founded the Level Ground Trading coffee company; it hosted a fair trade rug event; it formed partnerships with several local restaurants to use fair trade coffee, tea and sugar; and it has linked with fair trade student organizations at Port High and Lakeshore Catholic.

And last Halloween those groups did a reverse trick or treat event, handing out fair trade chocolates and information about the movement to various organizations in town.

Beck is encouraged by the growing awareness city residents have for fair trade. Even with the challenges of the Great Recession the people of Port Colborne are demonstrating the fair trade is important to them.

The city's Ten Thousand Villages store posted a substantial percentage increase in revenue for 2009.

"That shows that the people of Port Colborne get it. They're voting with their wallets. People are being challenged and they are still doing what they believe in," Beck says.

"You can make a bigger impact than you think."

Anyone interested in learning more about the Port Colborne Fair Trade Committee can stop by the Ten Thousand Villages store at 7 Clarence St. or call 905-834-6292.

■ ROAD TO BE RESURFACED

Hwy. 140 work to get underway in mid-June

DAVE JOHNSON

InPort News Staff

PORT COLBORNE — Hwy. 140 is getting facelift from Hwy. 3 to just north of Netherby Rd. in Welland.

Ministry of Transportation spokesman Bob Nichols says the Hwy. 140 project is expected to get underway in mid-June and while the contract has yet to be tendered, the funding for the work is \$6.5 million.

Nichols says the resurfacing will use an environmentally-friendly process called cold-in-place recycling.

The process uses a machine that takes up the existing roadway and mixes it up with new asphalt all on site.

Mayor Vance Badaway says the local project is great news for the city.

"Hwy. 140 is the most frequented entrance and exit to the city and we've been on the government for the last two or three years to get it fixed because of its condition."

Drivers on the section of highway to be resurfaced currently face a lot of bumps and dips as they drive down it.

Badaway says an environmental assessment was carried out last year and the provincial government had agreed to carry out the work in 2010 if funding was available.

While the work will be welcomed by motorists, Badaway says it will benefit the city as well.

Port Colborne and the region, he says, are looking at installing a wastewater line under the Welland Canal to service lands along the canal and highway to form a new industrial

park. The announcement is part of a more than \$66-million investment in 43 infrastructure projects across Ontario by provincial and federal governments, a news release said.

The projects are expected to create and preserve up to 1,100 direct and indirect jobs with work getting underway this spring.

djohnson@wellandtribune.ca



Vance Badaway

■ PORT MAN KILLED

Charges laid in fatal crash

InPort News Staff

WAINFLEET — Charges have been laid against a 19-year-old in connection to a crash that left one man dead early this year.

Last week, Matthew Culver of Dunnville was charged with careless driving. He will appear in court at a later date.

Culver was driving a Chevrolet pickup truck on Forks Rd. on Jan. 20 when it was involved in a head-on collision with 52-year-old Edward Simmonds of Port Colborne.

Simmonds died of his injuries from the 6 a.m. crash while en route to Welland District Airport from where he would have been airlifted to hospital.

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portraits



DAVE JOHNSON Staff Photo

Lakeshore Catholic High School drama students, from left, Berrick Beauchamp, Libby MacEachern, Glen Stratton, Thomas Cioffi and Christian Willis ham it up at St. Patrick school.



DAVE JOHNSON Staff Photo

Shardai Konig, left, and Stephanie Gault, right, teach some dance moves to St. Patrick Grade 8 students.

Bringing drama to the class

InPort News Staff

PORT COLBORNE — Grade 8 students at St. Patrick honed their dance and improv skills Friday with the help of drama students from Lakeshore Catholic High School.

Drama teacher Patricia Baiano says the workshops are offered to grade 7 and 8 students and the one at St. Patrick was the fourth one put on.

The workshops also saw children taking on role playing by the use of putting different hats on their heads and acting out a scene made up by the Lakeshore students. There was also a workshop on using props.

St. Patrick students had 10 minutes at each of the stations, which were manned by two Lakeshore students. At the dance station, four of the Lakeshore's dance students took turns teaching dance moves.



DAVE JOHNSON Staff Photo

Alexis Frey, a Grade 8 St. Patrick school student, practices some dance moves taught during a workshop last week.

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Ken Koyama, publisher, general manager

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ourview

Great news for city

Main St. W. will have a whole new look by the end of this year thanks to \$3.6-million investment by the federal government.

Gary Goodyear, minister of state responsible for the Federal Economic Development Agency for Southern Ontario, and St. Catharines MP Rick Dykstra, made the announcement at city hall last week with Mayor Vance Badawey.

The federal MPs said the city will benefit from the \$3,662,450 investment, funded under the Community Adjustment Fund in southern Ontario.

The funding will be used for new sidewalks, street furniture, trees, streetlights traffic lights and repaving the road between Jackknife Bridge and Elm St.

Mayor Vance Badawey said the improvements will take a "tired-looking" street and transform the area — a gateway to the city for residents and visitors — making it far more attractive.

"I liken this to what happened on West St. years ago," said Badawey.

West St. was once full of vacant buildings, but efforts by the city and the community to transform it paid off for locals and tourists. Now it is one of the attractions the city can boast about.

With this recent announcement, the city will soon be able to boast about Main St. and sell that as a place to come see.

Just cleaning up the street and making the improvements set out will be a big change.

Badawey is right when he says the area is "tired-looking."

Local business owners have been doing the part all along, making their business look as good as possible. But with a worn down street surface and unpaved empty lots, the street does indeed look "tired." And as the main entrance to the city, it can no longer be left that way.

Transforming this street is just one step in making Port Colborne more attractive for residents, visitors and new businesses.

It's about time

Hwy. 140 is getting facelift from Hwy. 3 to just north of Netherby Rd. in Welland.

Ministry of Transportation spokesman Bob Nichols says the Hwy. 140 project is expected to get underway in mid-June and while the contract has yet to be tendered, the funding for the job is \$6 million.

We say it's about time this work was carried out.

Anyone who travels this road daily knows it's not in the best of shape.

While the bumps on the surface may not be the biggest or worst they've encountered, the relatively close space between each one makes for a not so smooth ride.

ON THE BACK ROADS: You never know what you'll see



This beaver was spotted in a drainage ditch on Wilson Rd. in Wainfleet last week. It was swimming around two ditches alongside a field on the road.

DAVE JOHNSON Staff Photo

I'VE BEEN THINKING

Positive change?

DR. JACK NEIL
First Presbyterian Church

It took me quite a while to learn how to operate the TV remote control. So many buttons, each having two or three functions depending upon what button I had pressed initially.

Finally, I mastered it. Then we bought a new TV and I was at the bottom of the learning curve once again. It's difficult to deal with change when you've over 50.

Can change ever be positive?

Perhaps we can get a clue from tradition, from how people dealt with change centuries ago. Let's consider religious change specifically. The Old Testament of the Bible tells the story of Jonah preaching to the inhabitants of a city called Nineveh.

Nineveh was known to be pretty gruff and grumpy people. They were, as we say, doing their own thing. God was the furthest reality from their

minds. "Change our ways because God wants us to! I don't think so!" they said.

Very reluctantly, God's prophet Jonah acquiesced to enter Nineveh and preach to the people. Lo and behold, the Ninevites accepted what Jonah had to say on behalf of God, and changed their lifestyle in a positive direction. "The people in the city of Nineveh not only fasted and wore their penitential robes, but the king also announced: 'All of you must change and turn away from your evil doing and the injustice that clings to your hands.'"

What they could do we can do. It's not beyond our capabilities to make a new start every day. First, we can begin our day with some form of meditation or prayer. I use the Divine Office but you could use many other resources. The idea is to root ourselves into some traditional practice. Second, our attitude is important. We must make up our mind to make good

use of today. Too many days are simply frittered away. Third, remember the secret associated with just-in-time delivery. Very short periods of meditation or prayer just as we are in need of these aids, help us the most as we face the exigencies of living.

Fourth, consider unpleasant tasks or unpleasant people from a different point of view. You might change your perspective in a positive direction. Fifth, events are usually not as bad as we fear.

There is a symbolic value in recalling past fears with which we dealt and found out that our fear was unfounded, and applying this learning to what we might fear today or tomorrow. Finally, in the evening, reflect upon your day, make peace with your self and the world. Pray that the inevitable machinations of change which come your way may be welcomed with open mind and heart. May you be guided by the love of God as shown us in Jesus Christ our Lord.

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The Setters of Group 1



Sandie Bingley
IT'S A DOG'S LIFE

The Setter breeds were developed to be ideal for show and work. They have a beautiful flashy, silky coat.

They have a gentle, affectionate, patient nature which makes them ideal family pets.

The word "setter" comes from the fact that in early times these dogs spotted the birds, then crouched down or "set" so the hunters could throw nets over and beyond the dogs and capture the birds.

These dogs needed to be smart and steady to accept this type of hunting.

There are only four setter breeds including the Irish Red and White Setter, the Irish Setter, the English Setter and the Gordon Setter.

These breeds were developed in England, Ireland and Scotland but their popularity and usefulness made them popular in many other countries.

The Irish Red and White Setter was Ireland's famous Setter.

Occasionally puppies that were all red would appear in the litters.

The red pups were developed into the Irish Setter that we know today.

They became more popular than the Red and White Setters.

It has only been in recent years that the Red and White Irish Setter has gained in popularity again.

In Scotland, they needed a hardy setter that was suited to the rockier land. So the black and tan Gordon Setter was developed.

In England, the beautiful English Setter with its speckled red and white or black and white coat was a perfect fall hunting dog.

All the setters are well suited to make great family pets.

They all have wonderful, flashy coats that will need a good brushing to remove burrs and twigs after walks in the woods and fields.

Don and Sandie Bingley of Sandon Kennels in Sherston have trained dogs and bred Pembroke Welsh, Corgis and Tibetan Spaniels for 35 years. They can be reached at 905-894-4945.

■ FINGER HITS GRINDER

Student suffers minor injuries in class

InPort News Staff

PORT COLBORNE — A 17-year-old Port Colborne High School student suffered minor injuries Wednesday in a classroom mishap.

Port Colborne fire Chief Tom Cartwright said the student was working on a grinder when the middle finger on his right hand slipped between the grinding stone and the outside casing of the

grinder. Cartwright said firefighters were called to the school to assist the student before paramedics arrived on scene.

The chief said the student may have required a partial amputation of the finger at the top.

Port High principal Nigel Evans said a teacher gave the student quick medical attention.

"We are currently investigating this incident to ensure the safety of students in this class."

Ask the HEALTH EXPERT

DR. FRANK SILVA, N.D.



Do you suffer from Allergies?

Allergies occur when the immune system identifies a harmless substance like dust or pollen as a toxin and attempts to expel it by releasing inflammatory agents like histamines. This triggers sneezing, coughing and other inflammatory allergic reactions. If the danger is a false alarm, as in the case of allergies to non-toxic substances, these responses are not needed and cause unnecessary suffering.

Some allergy sufferers are turning to natural remedies that support the immune system and prevent the release of inflammatory substances. Many of these remedies are without adverse effects and the body does not build up a tolerance to them. Antioxidants like quercetin and grape seed may help calm the allergic response by reducing the inflammation caused by the immune system.

Product Information

- Quercetin is found in many common foods and is derived from a Brazilian shrub.

- Quercetin's reputation as an allergy remedy may come from its ability to inhibit the release of inflammatory compounds like histamine without the side effects of pharmaceutical anti-histamines.

- Grape seeds are a rich source of antioxidant bioflavonoids that also have anti-inflammatory properties.

- The effects of quercetin and grape seed are cumulative so many people start taking the product a few weeks before allergy season begins to support and strengthen the immune system against the allergic response.

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■ MATH SKILLS

Speakers relate how math affects them

FROM PAGE 1

"They were sharing what an important role math has in their lives," said Marj.

Sebastiano said math plays a part in the pizzeria business and sees daily the impact of those who don't understand.

Knowing how much of each ingredient needs to be mixed together to make proper dough is essential, he said. When new employees start at his pizza shop, he makes sure they are shown the exact measurements.

But where math really comes into play at his business is when people, mainly students, come into buy a slice of pizza and pop.

"They get confused over how much to pay. They give me too much money sometimes and they think they aren't giving me enough."

Sebastiano has even had employees that don't know how much change to give a customer.

Vanderhorst, food service manager for a long-term care facility in Chippawa, said she uses math every day to manage her department. Math wasn't her strongest subject in school and she told the audience she looked for a job that had nothing at all to do with it. She found that job in a nursing home, working with and serving seniors. After eight years of doing that job, she wanted to do more and became a food service manager.

It was in that job where she found math had a use and was needed to carry out her responsibilities.

"I'm provided \$7.31 per resident per day to serve three meals and snacks for 160 people. To stay in my budget and to keep track of numbers, I have to use math."

She admitted to being somewhat afraid of the numbers at first, but said she found a way to make it work and is now comfortable in what she does.

Magazzeni, who once owned his own electrical company, said math was involved in not only his apprenticeship to become an electrician, but also when he started running his own business.

Math, for him, didn't start off as a favourite subject, but it clicked once he started

his apprenticeship.

As a consultant for the specialist high skills major program, Magazzeni said math is very important to those students who take part in the program and want to go on to work in a trade.

"Without math, you'd have a very difficult time finding a job."

He said there is a shortage of skilled workers for trades these days. But the shortage isn't in the number of people though, it's in the skill sets they have — skill sets that require math.

Dilorenzo said every student should take math courses, but take them at levels they're comfortable with, levels that will give them the greatest benefit.

"You will use math down the road. I don't think there's an occupation that doesn't have math in it. You need it to survive in every day life."

When he was asked to speak, Dilorenzo never thought he'd be in his job.

"Our school day runs from 8:30 a.m. to 2 p.m. and there are five periods a day. Those five periods are 75 minutes long and there are four minutes of travel time between classes. I have to work that out so 1,350 students can take one of 404 courses."

Dilorenzo also has to work out how to get all those students into 48 classrooms in manageable numbers.

On top of that, he also has to work on school budgets each year, making sure there is an equitable spread among the various programs.

"Math is very important in my job. If I didn't have those skills, I'd have a hard time doing my job."

Kenny, a Ward 3 councillor who works at Port Colborne General Hospital, said elections are based on simple math. Every person gets one vote and when the votes are counted, the person with the most wins. "Basic math is applied the minute you're born. Everyone wants to know how much you weigh, how long you are."

Olson said figuring out how much goes into something, using various measurements and weights, is important to getting a recipe just right. "Math is my language. It's how I develop my recipes and how I



DAVE JOHNSON Staff Photo

Sarah and Kailey Gibson work on a math problem at Numeracy Night recently.

communicate them to people," said the host of Fresh with Anna Olson.

She must know how to convert imperial into metric so a recipe can have both directions for people to follow.

Such things as ratios and nutritional values of certain foods also require a basic understanding of math. Chemistry, physics and even geometry play a part in cooking, she said.

After all the speakers were done, stu-

dents and parents were invited to take part in a fun math competition to end the evening.

Oh, and the answer to the question at the top of the story for those who haven't figured it out: The two trains meet when the one from Toronto is two hours' travel time outside of the city.

djohnson@wellandtribune.ca

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■ **FITNESS CHALLENGE:** Boggio and G&M Fitness team up

Making Port Colborne a healthier community

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Making the community a healthier place to live.

That's the goal Boggio Pharmacy and G&M Fitness have as the two get set to launch a Fit for Life Challenge in the lake-side community.

"It's based on the Biggest Loser concept, but it's not just a weight loss challenge," said Cathy Boggio, of Boggio Pharmacy.

While the challenge includes a weight loss component, there is a fitness aspect that will focus on helping people become better fit overall.

Boggio said if someone comes in saying they will be able to dance again or ride a bike, the challenge can help them achieve that goal by helping them build and strengthen the right muscles.

"As you age you start to lose muscle."

Boggio said a person is never too old to build muscle and once they do, it can help them be healthier and stay mobile.

The weight loss aspect will help a person become more active and can help reduce risks like joint and back problems.

It can even lead to reduce blood pressure and help people with heart disease or those that are obese, all things that a becoming such a big thing in society these days, she said.

The idea for the challenge came up during a dinner table discussion at the Boggio home.

"My kids — Sue, Kyle and Aaron — came up with the idea. My sons are really keen on this."

She said both sons are in pharmacy programs, one in Toronto and the other in Australia, and are into health and wellness programs. Daughter Sue works at the family pharmacy on Catharine St. in Port Colborne.

They really want to promote healthy living."

After talking about the idea, Boggio approached local gym owner Gino Spada, of G&M Fitness.

"We've been thinking about doing something like this for a long time. It's

a wonderful idea and has been a long time coming," said Spada.

He said the challenge will help people become healthier and added sometimes people need a bit of a push to get healthier and fit.

"I'm excited about this and looking forward to it," said Spada.

The challenge kicks off at the beginning of May and runs eight weeks.

Those that take part in the challenge will be given a half hour a week with a trainer.

The trainer will work with a person to ensure they are working out properly and getting the maximum out of the program.

Boggio felt having a trainer involved was very important.

A friend of mine did something like this in London and lost 75 pounds. She never really exercised before and believed the only way she was able to lose the weight was by having that trainer to help her out."

Spada and his son will be the trainers helping people out at the gym.

"Guidance is important. We want to make sure people are exercising properly," he said, adding sometimes people don't use equipment the proper way.

Those that do sign up for the challenge will be able to use the facilities at G&M, on King St. in Port Colborne, seven days a week.

And while Spada doesn't normally allow

those under 16 to workout in the gym, there's no age limit on the challenge.

"Gino says he won't discourage anyone who wants to get healthy."

"We're trying to get as many people involved in this as we can."

Boggio said taking part in the challenge will cost gym members \$99 and non-members will pay \$189. Packages are available at

Boggio Pharmacy 200 Catharine St.

A free one-year gym membership will be awarded at the end of the challenge to the person that loses the most weight and the person that increases their overall fitness level.

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Gino Spada

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NATUROPATHIC DOCTOR

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Gino Spada (8:00pm)

Owner of G&M Fitness Health Club in Port Colborne for 24 years. Certified as a Personal Trainer by the American Council on Exercise. Specializes in strength training and functional training. Speaking in nutrition and exercise.

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• 200 Catharine St., Port Colborne, ON
• 905-834-3514

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• 307 Ridge Rd. N., Ridgeway, ON
• 905-894-2200

Wed., April 28th, 6pm
Port Colborne
High School Auditorium
211 Elgin Street,
Port Colborne, Ont.

G&M Fitness
Gino Spada
251 King St., Port Colborne
905-834-0950

ALONG THE LAKESHORE

SATURDAY, APRIL 17

MORGAN'S POINT UNITED CHURCH is serving up a roast beef supper. Tickets are \$12 for adults and \$5 for children under 10 by reservation only for a 5 p.m. or 6 p.m. supper setting at the church at 14830 Lakeshore Rd. Tickets are available by calling 905-899-3626.

MONDAY, APRIL 19

FAMILY WIL NIGHT at the Wainfleet Township Public Library from 6:00 - 8:00 p.m. All ages are invited to drop in and play Nintendo Wii. Not only great family fun, but great exercise too.

WEDNESDAY, APRIL 21

EARTH DAY TERRARIUM CRAFT at the Wainfleet Township Public Library from 3:30 p.m. Kids ages 4 and up can bring an empty 2 litre pop bottle with caps to make their own plant terrarium. No fee. Please call 905-899-1277 to pre-register by Monday, April 19.

ONTARIO EARLY YEARS CENTRE is offering an ABC Come Learn with Me - Interactive Toddler Program from 9:30 a.m. to 10:45 a.m. Pre-registration is required. This morning program is for toddlers aged 18 months to 30 months and their parent/caregiver. Please visit the Ontario Early Years Centre, 92 Charlotte St., Port Colborne or call 905-834-9071 or e-mail pocey@portcarles.on.ca for more information. Lead Agency, Port Carles.

THURSDAY, APRIL 22

DIGITAL PHOTO WORKSHOP at the Wainfleet Township Public Library from 1:30 p.m. to 3:30 p.m. You've taken your digital photos, now what? This workshop will teach you the very basics to get your photos onto the computer, organize, resize, e-mail and print them. Cost \$10. Please call 905-899-1277 to pre-register your attendance as space is limited.

MONDAY, APRIL 26

ADULT BOOK CLUB at the Wainfleet Township Public Library at 6:30 p.m. This month's selection is *Water for Elephants* by Sara Gruen. To obtain a copy of the book, please

call 905-899-1277 to register as a book club member.

WEDNESDAY, APRIL 28

WII FOR ADULTS at the Wainfleet Township Public Library from 2 p.m. to 4 p.m. Not just for kids. Join us for exciting Nintendo Wii games, including Wii Fit. Great for some light exercise and lots of fun! No prior experience required; we'll teach you how to play.

ONTARIO EARLY YEARS CENTRE is offering an Eric Carle Play and Learn - Interactive Preschool Program from 9:30 a.m. to 1:30 p.m. Pre-registration is required. This morning program is for preschoolers aged 2½ to 6 and their parent/caregiver. Please visit the Ontario Early Years Centre, 92 Charlotte St., Port Colborne or call 905-834-9071 or e-mail pocey@portcarles.on.ca for more information.

THURSDAY, APRIL 29

CLASSIC BOOK CLUB at the Wainfleet Township Public Library from 2 p.m. to 3 p.m. Join us for afternoon tea on the last Thursday of the month as we discuss the work of the Brontë sisters. This month's selection is *The Tenant of Wildfell Hall* by Anne Brontë. To obtain a copy of the book, please call 905-899-1277 to register as a book club member.

What is the importance of healthy eating for denture wearers?

The relation between significant tooth loss and the ability to chew fresh fruits, vegetables and meats, has a great impact on the nutritional value of one's diet. Toothless or partially edentulous individuals are at a higher risk of malnutrition. Edentulous individuals with poor nutrition intake may be at higher risk for a variety of diseases. For example those who consume little vitamin A are at a higher risk for various forms of cancer, heart disease and rheumatoid arthritis. Similarly the dietary deficiencies of vitamin E are associated with various cancers, heart and Parkinson's Disease and low vitamin C and thiamine levels lead to a reduced immune system function, cardiovascular disease, hypertension and nausea, constipation as well as appetite and weight loss. Another ill effect of a low nutrient diet is a loss of muscle mass and strength caused by inadequate intake of protein, which could further increase frailty. An increased intake of fat and cholesterol observed in toothless patients have been associated with obesity, diabetes mellitus, as well as arteriosclerosis.

What can I do to prevent any of this happening to me?

Considering the vast implications of a low nutrient diet, it is worth acknowledging that nutritional balance and good health can be significantly improved and restored with the use of a well made denture, and a vitamin supplementation regime planned by your doctor. A well made denture, will allow you to introduce back into your diet all the nutritionally laded foods such as fresh fruits and vegetables, proteins and nuts that were avoided when chewing with an ill-fitting, poorly designed denture. Individuals with implant supported dentures, greatly improve their food choices by including more hard to chew foods that are rich in nutrients, therefore greatly improving their health status.

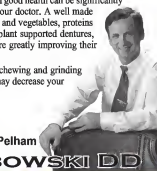
To switch to a more balanced diet may be as easy as having well fitted dentures, that allow for improved chewing and grinding function. The ability to better chew fruits, vegetables, meats and nuts will increase your nutrient intake and may decrease your risk of various disease. For more information see your Denturist.

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■ **NEW LOOK:** Main St. getting facelift from Elm St. to Jackknife Bridge

Funds to fix up a 'tired-looking street

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Main St. W. will have a whole new look by the end of this year thanks to \$3.6-million investment by the federal government.

And the chair of the city's Gateway Association couldn't be happier.

"We've been waiting for this for years. This is a gift," said Gino Spada.

Spada, who owns a business on Main St., said the funding will take care of many upgrades between the Jackknife Bridge and Elm St.

Port Colborne's director of planning and development, Dan Aquilina said final detailed drawings of what the street will look like are being completed now.

"There will be new sidewalks, street furniture, trees, streetlights traffic lights and the road will be repaved," Aquilina said.

Mayor Vance Badawey said the announcement is great news for the city and its residents.

"We truly appreciate the unprecedented financial support from the federal government, which has enabled our community to leverage funds and accelerate capital projects with no impact to the property taxpayer.

"This project, like all capital projects the city is embark-

ing upon, is all about the community. It's about the people who have put their time and effort into making sure the city is sustainable moving into the future, not just in economic terms, but in quality of life as well."

The mayor said city staff, residents, St. Lawrence Seaway Management Corp. and the business community have put much work into the project.

Badawey said improvements will take a "tired-looking" street and transform the area — a gateway to the city for residents and visitors — making it far more attractive.

"I liken this to what happened on West St. year ago."

see CONFIDENCE | Page 10

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9-17 CLARENCE ST., PORT COLBORNE 905-835-1173

■ **CONFIDENCE:** New businesses could come to town

Investment will improve the area

FROM PAGE 9

At one time West St. was full of vacant buildings, but efforts by the city and the community to transform it paid off for locals and tourists. Revitalizing that street helped give people confidence to invest in the city.

Badawey believes Main St. improvements will help existing businesses in the city.

Gary Goodyear, minister of state responsible for the Federal Economic Development Agency for Southern Ontario, and St. Catharines MP Rick Dykstra, were at the

announcement and both said the city will benefit from the \$3,662,540 investment. The project will be funded under the Community Adjustment Fund in southern Ontario.

"This investment will create jobs and stimulate the local economy," said Goodyear.

"This project will beautify the area and draw in new businesses,"

Ward 3 Councillor Gary Bruno, council's representative on the Gateway Association, was happy to hear of the funding announcement as well.

"This project is long overdue," said Bruno, adding improvements to the Main St. corridor have been 15 years in the making.

djohnson@wellandtribune.ca

■ **FORMER RESIDENT KILLED**

Shane Terreberry killed in crash

KAESHA FORAND
InPort News Staff

PORT COLBORNE — A crash in Myrtle Beach, S.C., has claimed the life of a former Port Colborne resident.

Shane Terreberry's pickup truck was struck by an SUV as he was attempting to cross Kings Hwy, at 530 p.m., on Saturday. The 25-year-old was airlifted to New Hanover Memorial Hospital where he died about three hours later.

According to Myrtle Beach news reports, Terreberry was not wearing his seatbelt at the time of the accident. Terreberry was a Lakeshore Catholic High School student who played goalie for the school's hockey team in 2003 and 2004. He was living in Myrtle Beach, where he worked for custom home building company Dash Investments as a controller/owner with his father, Roger.

According to the company's website, he recently graduated from Niagara College with an international sales and marketing degree.

Lakeshore hockey coach Dino Germano remembers Terreberry quite well and said they got along well.

"Shane was all heart. He wasn't the best technical goalie but he gave 100%."

He said when he last saw Terreberry at a stag and doe about two years ago, he was turning his life around and was eager to start working with his father. "He was thankful for the school sports program and said it helped him turn a corner."

Germano said his upbeat and positive personality will be missed by his large circle of friends.

Terreberry's funeral was held last week.

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■ **TASERS:** Association president says cops need more Tasers

Police association open to Taser Cam use

RAHUL GUPTA
Special to QMI Agency

ST. CATHARINES — The head of the Niagara police association says his membership is willing to adjust to potential legislation requiring the recording of Taser usage if it means more officers get to carry the electroshock weapons.

Paul Di Simoni of the Niagara Region Police Association said he hopes the plan under consideration by the provincial government would mean greater access to Tasers for frontline police officers in the region. Currently, only experienced officers can use the weapons.

"I hope legislators get on the same page as the association and implement standard use of Tasers," said Di Simoni from the NRP's office in Welland. "It's a better, less lethal option for officers to employ."

Under the plan, any Ontario police officer who fires a Taser in the course of duty would automatically activate a small camera, or Taser Cam, that can be attached to the base of the

weapon's handle. Up to 90 minutes of tamper-proof footage could then be downloaded and used as evidence.

"Is there value to documenting Taser use? I suppose," Di Simoni said. "It's a relatively new technology."

While Di Simoni said he supported the provincial government's recently introduced training and usage guidelines for Tasers — which would make it easier for officers to do their job and safeguard the public — he's worried a camera would only capture one aspect of an altercation between police and a suspect.

"It's a snapshot in time," he said. "One has to look at the totality of events."

Di Simoni said he was concerned that footage obtained from a Taser Cam would lead to premature censure of Niagara police officers.

"Officers may fall into a situation where they're being criticized without all background information," he said.

see NO | Page 12

READERS & ADVERTISERS

THE
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Results will be published on Fri., May 28th**

Members of Osprey Media and their immediate families are ineligible to participate.



NOTICE OF NOMINATION FOR ELECTIONS Municipal Elections Act, 1996 (s. 32)

Notice is hereby given to the Municipal Elections

Township of Wainfleet

Nominations for the offices of:

MAYOR**ALDERMAN**

(one to be elected)

(four to be elected)

may be made by completing and filing in the office of the Clerk of the Township of Wainfleet, a nomination in the prescribed form.

TRUSTEE District School Board of Niagara (one to be elected for the combined area of West Lincoln Township)

Nominations for this Board must be made on the required form and filed with the Clerk of the Township of West Lincoln.

TRUSTEE Niagara Catholic District School Board (one to be elected for the combined area of Port Erie/Port Colborne/Wainfleet)

Nominations for this Board must be made on the required form and filed with the Clerk of the Town of Port Colborne.

TRUSTEE Conseil scolaire du District Centre-Sud-Ouest (one to be elected for the combined area of Port Erie, Niagara Falls, Pelham, Port Colborne, Thorold, Wainfleet and Welland)

TRUSTEE Conseil scolaire du District Catholique Centre-sud (one to be elected for the combined area of Port Erie, Pelham, Port Colborne, Wainfleet and Welland)

Nominations for this Board must be made on the required form and filed with the Clerk of the City of Welland

TRUSTEE Conseil scolaire du District Centre-Sud-Ouest (un pour être élu pour le secteur combiné de Port Erie, Niagara Falls, Pelham, Port Colborne, Thorold, Wainfleet et Welland)

— ou —

TRUSTEE Conseil scolaire du district Catholique Centre-sud (un pour être élu pour le secteur combiné de Port Erie, Pelham, Port Colborne, Wainfleet et Welland)

Les nominations pour cette Conseil doivent être faites sur le formulaire requis et déposées auprès de la greffière de la Ville de Welland.

Nomination Forms must be accompanied by the prescribed nomination filing fee of \$200 for the Head of Council and \$100 for all other offices. The filing fee is payable by cash, certified cheque or money order.

A nomination must be signed by the candidate and may be filed in person or by an agent during regular business hours between January 4, 2010, and September 9, 2010, and between 9 a.m. and 2 p.m. on September 10, 2010 (Nomination Day).

Scott Luey,
Acting Clerk, Township of Wainfleet

Les formulaires de candidature doit être accompagnés de la somme du dépôt de candidature prescrit de 200 \$ pour le chef du Conseil et de 100 \$ pour tous les autres bureaux. La taxe de dépôt est payable en espèces, chèque certifié, ou mandat de poste.

La mise en candidature doit être signée par le candidat et peut être déposée en personne ou par un agent durant les heures normales de bureau entre le 4 janvier 2010 et 9 septembre, 2010 entre 9 h et de 14 h 00 le 10 septembre, 2010 (jour de l'inscription).

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INTERESTED IN RUNNING FOR MUNICIPAL OFFICE OR SCHOOL BOARD?



The Township of Wainfleet would like to invite any individual who has filed nomination papers, or is thinking of running in the 2010 Municipal Election on Monday, October 25, 2010, to a Candidate's Information Session, hosted by the City of Niagara Falls in conjunction with all of the 12 area municipalities within the Regional Municipality of Niagara.

Location: McCain Community Centre - 2nd Floor
7150 Montrose Road, Niagara Falls
Date: Wednesday April 28, 2010
Time: 7:00 p.m. to 8:00 p.m.

Changes have been made to the Municipal Elections Act, 1996 that all candidates will need to be familiar with. This session is designed to give candidates the most current information. Staff from the Ministry of Municipal Affairs and Housing will provide information to candidates and the public regarding municipal election legislation, the election process and rules and regulations regarding campaign finances.

THIS IS NOT A CANDIDATE DEBATE FORUM.

For further information concerning the 2010 Municipal Election, please visit the Township website: www.township.wainfleet.on.ca or contact Laurie Deybold, Election Coordinator, 905-899-3483 ext. 275 or elections@township.wainfleet.on.ca

61412829

municipal elections 2010

■ **NO COMMENT:** NRP decline to talk about issue■ **WAINFLEET:** New facility will be on Rathfon Rd.

Cams used in Ottawa

FROM PAGE 11

"The camera captures only the deployment of the Taser and nothing else."

While Taser Cams aren't used in Niagara, Ottawa police have employed them since last year, said an officer who has provided extensive training in the use of the weapons. Sgt. Mark Barclay of the Ottawa Police Service said all 32 members of the Tactical Unit are currently using the cameras.

Barclay said the response to Taser Cams among officers with the unit has been largely positive, although there have been instances when the camera's lens has been accidentally obscured by officers used to handling guns.

"We're trained to use a two-handed grip when it comes to firearms," said Barclay from Ottawa police headquarters. "So some officers go back to what they know in moments of extreme stress, which can block the lens."

Ministry of Community Safety and Correctional Services spokesman Anthony Brown said any decision to legislate Taser Cams would be made in consultation with provincial law enforcement agencies.

Niagara Regional Police declined to comment on the issue of Taser Cams.



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KAESHA FORAND
InPort News Staff

WAINFLEET — As Brother Bill Carrothers and Sister Jacque Keefe see the foundation of Jericho House taking shape, they can't help but be excited about the new facility to rise on a 6.8-hectare piece of property purchased in 1989.

"Jericho House is a place and ministry that focuses on young people and helps to nurture their sense of leadership, commitment to social and ecological justice and their awareness to spirituality," Carrothers said.

"We believe young people are leaders already. Our ministry is to nurture their leadership."

The Celebration of Hope fundraising campaign to build Jericho House began in 2002 and has included a number of dinner dances, auctions and events. It has raised \$1.85 million — close to the \$2.2-million goal set to build and outfit the 1,235-square-metre facility.

"It was really also awareness-raising," Keefe said of how Celebration of Hope spread word about the ministry's youth leadership, social justice and spirituality centre for youth and adults.

Jericho House began in Newfoundland in 1987, moved to Ontario in 1989 and into Niagara in 1997. It is now located on Beatrice St. in Welland, where refugees are given a safe, temporary place to stay. Over the past decade, 170 refugees have sought shelter at Jericho House.

Its staff travel to different locations to facilitate SCOPE — Spiritual Centre

Outdoor Education Program — in Ridgeway (a program once offered at Loretto), confirmation retreats, torch leadership conferences for youths aged 11 and older and a number of other programs.

The facility's new location is surrounded by a Carolinian forest and is in close proximity to Wainfleet wetlands. It will serve as an ideal location for environmental retreats emphasizing the importance of nature and our role on Earth.

There will be more room for Arts Among the Arbres (Arts Among the Trees), a day when District School Board of Niagara, Niagara Catholic District School Board and independent school students participate in art, music and culinary art workshops.

However, with the new location, the refugee program will no longer be offered.

Come January 2011, Jericho House will be available for rent for local groups and businesses who need a facility to hold conferences, workshops and retreats.

The ecumenical facility will feature a chapel, overnight accommodations for 38 people in 18 flexible bedrooms, a dining area, lounges, supervisor suites, laundry rooms, a large meeting room, kitchen and offices and living quarters for Jericho House staff.

Carrothers, Keefe and Brother Sean Whitty are grateful for in-kind donations of about \$350,000 from a number of Niagara businesses to help make their dream a reality.

Although Keefe is a Franciscan sister with the Roman Catholic Church and Carrothers is a member

Jericho House is a place and ministry that focuses on young people and helps to nurture their sense of leadership, commitment to social ...

Brother Bill Carrothers

of the congregation of Christian brothers, Jericho House is a non-profit, ecumenical organization that is partnered with a number of local bodies, such as Community Living and social justice groups.

The dream of Jericho continues. We believe young people need a gathering place," Keefe said. "There have been a number of different chapters in our lives. This is the next chapter."

Through the 10-year process, Jericho House received a helping hand from the township, in terms of rezoning land and waving some associated with construction.

"The development and the Jericho House programming which will occur on the site will be a wonderful asset to Wainfleet and to all the residents of the Niagara region," said Mayor Barb Henderson. "I look forward to them becoming an integral part of our township and to attending the grand opening of the facility."

A ground-breaking ceremony is May 15 at 2 p.m. on Rathfon Rd., followed by a reception at Brethren in Christ Church on Hwy. 8. Construction is expected to be complete Nov. 30.

For more information on Jericho House, visit www.jerichohouse.org.

kforand@wellandtribune.ca

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■ TRANSPORTATION: Region shows Port its plan

Glimpse at new policy

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — City council recently got a glimpse at the region's Transportation Demand Management policy framework.

Eric Flora, associate director of transportation systems for Niagara Region, provided council with an update on the policy framework that has been in the works since 2008.

Flora and transportation technologist Phil Bergen will be visiting Niagara's municipalities to update city councils on the progress that's been made thus far with the project.

In August 2008, the region received a matching fund grant of \$20,000 from the province to develop a regional TDM policy framework, Flora said.

He defined TDM as a wide range of policies, programs, services and products that influence how, when, where and why people travel, in order to make travel behaviours more sustainable.

Once implemented, the TDM policy will benefit the region in a number of areas, he said.

It will improve the environment by reducing greenhouse gas emissions, improve public health through active transportation and enhanced social interaction, and benefit the economy by lessening infrastructure spending by supporting a multi-modal transportation system.

Flora said the policy will also help to create a more livable community, improving the quality of life for residents.

This will be done by introducing initiatives such as carpooling programs, workplace programs that promote telecommuting, and promoting active transportation such as walking or cycling.

In order for the initiatives to be successful, however, Flora said both the public and private sectors must "buy in" to TDM.

The region's goal, he said, is to develop an integrated TDM policy that is sustainable, will build on exist-

ing initiatives and incorporate TDM best practices.

Delcan Transportation has taken on the task of developing framework for the policy, which is expected to be completed by the end of April, beginning of May.

Once the framework is complete, the region will move on to the policy phase, he said.

The Transportation Strategy Steering Committee will meet April 20 to review the report before it's distributed to local municipalities for review, he said.

mfirth@wellandtribune.ca

■ CONSERVATION AUTHORITY

Come out for Earth Day

For InPort News

PELHAM — Niagara Peninsula Conservation Authority will host an Earth Day Event on Thursday, April 22 and members of the public are invited to come out and help. A number of school groups will be on hand to assist in planting 1500 trees and shrubs at the E.C. Brown Conservation Area on River Rd. in Pelham between 9:30 am and 2 p.m.

There will be other activities including site tours, monitoring exercises including water quality assessments. A BBQ and light refreshments will be served. Portable washrooms and a hand washing station will be on site. Parking is available, and buses can be accommodated.

This is a rain or shine event and participants are requested to bring their favourite work gloves and wear appropriate footwear.

The conservation authority acquired the property in 2005 and rehabilitated the site to a natural wetland condition. The restoration project included re-establishing the historic riparian wetland community. The project is an excellent wetland restoration demonstration site. The site is complete with an interpretive trail system depicting the different eco-zones, two lookout viewing areas, and floating dock access to the river.

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Apr. 16 to 29th

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Makes 1 serving of French Toast
Serve with Blueberry Pineapple fruit sauce (recipe below).

Blueberry Pineapple Fruit Sauce

1. Combine in a saucepan.

2. Gradually blend in pineapple juice. Add frozen blueberries. Cook & stir until thick & bubbly.

3. Stir in remaining ingredients. Makes about 4 cups of sauce.

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- 2 slices bread (your choice of bread, eg. white, whole wheat, whole grain etc.)

INGREDIENTS

- 1/2 cup packed Brown Sugar
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Boating and golf: the two can mix well



George Duma
BY GEORGE

We've been spoiled with this latest batch of fine weather. So much so that when winter briefly returned last Friday, many friends and acquaintances responded with what can only be described as indignant and mortified behaviour. They almost took it personally.

All is now well again as spring appears to be back for good.

In south Niagara, that means golfers are back out on the fairways and greens, spoiling good walks by chasing little white balls. I am one of those folks.

We're fortunate because for a small city of under 20,000, we have four golf courses in our midst — Port Colborne Country Club, Whisky Run Golf Club, Emerald Pines Golf Club and Long Beach Country Club. There are many more in Welland and the rest of Niagara, of course, but those are the closest to us.

Spring also means the beginning of golf tournament season, those fundraisers that bring in money to so many deserving non-profit and not-for-profit organizations.

Last year saw the inaugural fundraiser for the Port Colborne Marine Auxiliary Rescue (Pocomar) unit get off the ground.

By now, most everybody in town knows Pocomar but not everybody knows what exactly what it does.

In a nutshell, the rescue unit is responsible for heading out into Lake Erie to aid any boaters who are in distress, for whatever reason.

Pocomar members are on duty 24 hours a day, seven days a week and this call to duty begins in May and doesn't end until November.

I was in Port Colborne as a *Tribune* reporter/editor when Pocomar was founded by a group of local boaters in 1988.

see FUNDRAISER | Page 20

GEORGE DUMA For InPort News
Port Colborne Marine Auxiliary Rescue (Pocomar) Commander Andrew Watts and his colleagues are getting everything ready for the second annual Jim Gram Tribute golf tournament at Whisky Run on June 26. The tourney is a major fundraiser for the organization.



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■ **FUNDRAISER:** Event helps unit keep on the water

Pocomar run solely by volunteers

FROM PAGE 18

Two dear friends of mine, Cal Peyton and the late, sadly missed Jim Gram were involved with the organization for years and I recall doing countless stories as the group got on its feet.

Now, my brother-in-law Andrew Watts is Pocomar's commander and he brings a lifetime of international marine experience to the post.

"We are a dedicated community unit," he explains.

What's been astonishing from Pocomar's inception is the fact it's run solely by volunteers.

This is what it says on the organization's Facebook page:

"The Port Colborne Marine Auxiliary Rescue unit or Pocomar is a non-profit, charitable organization dedicated to marine Search and Rescue on eastern Lake Erie. Based in Port Colborne at Sugarleaf Marina, this all-volunteer unit is ... made up of everyday citizens from Port Colborne,

Welland, and surrounding areas

"... Currently the unit operates two rescue vessels and has about 35 members. Though Pocomar mainly operates in the waters directly off of Port Colborne, the Joint Rescue Co-ordination Center in Trenton, Ontario often tasks Pocomar to respond to calls from the Niagara River to the Grand River in Dunnville, and beyond. Pocomar is consistently one of the busiest marine search and rescue auxiliary units in all of Central and Arctic Canada."

Pretty impressive for a bunch of people in a town the size of ours, isn't it?

Last year's first Pocomar fundraising golf tournament was held at Whisky Run in July and for a first effort, it was a great success. I've played in dozens of fundraisers over the years and this one was one of the best-organized and well-run I've ever been in.

It just had such a nice, easy laid-back feeling to it.

Pocomar's members took it a very classy step further by naming it the Jim Gram Tribute.

As Jim was one of the classiest individuals I've ever had the pleasure of knowing, it certainly rubbed off on the tournament.

Even a sudden rainstorm failed to dampen the enthusiasm. Everybody simply made it in to the clubhouse, had liquid refreshment, waited it out, and went back to playing after the storm passed.

Whisky Run owner Lou Nieuwland and his gang always do such a wonderful job to make sure everyone has a good time and is well-fed.

This year's second annual Jim Gram Tribute takes place June 26 and promises to be a lot of fun again.

According to a public letter sent out by Andrew, Pocomar "relies on fundraising to upgrade necessary safety equipment and maintenance and are again looking for support from the community we

Pocomar 'relies on fundraising to upgrade necessary safety equipment and maintenance and are again looking for support from the community we feel so much a part of.'

feel so much a part of. We are looking for the following sponsorship and support:

• **Hole/Competition Sponsors** – \$200 donations for each hole and each mini-competition. Please make cheques payable to Pocomar at Port Colborne Marine Auxiliary Rescue

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The cost is actually extremely reasonable compared to what some tournaments charge.

For more information, give Andrew a call at 905-834-2278.

• **George Duma** is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at: gduma@ncc.ca



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■ **TALES:** Sherston woman writes about trips made on her motorcycle over the past 27 years

'Destination never really mattered'

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Dorothy Seabourne was a bit of a late bloomer in life when it came to riding motorcycles.

But 27 years, 250,000 miles and seven motorcycles later the Sherston resident is still going strong.

The love of riding, the unknown and a strong curiosity have driven her over the years and now she's sharing that with people through her book *I Did: You Can Too*.

Her journey started when she was 43 and her husband Frank's brother stopped at their home.

"He was moving to Alberta and pulled into our driveway with a new motorcycle. He said we could have his old one and do what we wanted with."

Seabourne and her husband kept the bike, a Honda Goldwing, and started to use it.

At first, she was just a "pillion" — a passenger — on that motorcycle.

"I didn't like riding on the back, so I decided to take a riders safety course being offered in St. Catharines. That was the start for me."

Using the Goldwing, a bike with a 1000cc engine, Seabourne said once she learned to handle the bike and cross a road, her goal was to go down Clifton Hill in Niagara Falls.

"It wasn't an especially busy day when I went down the hill and I thought to myself, 'I can do it now.'"

see NUN | Page 22

DAVE JOHNSON Staff Photo

Dorothy Seabourne holds a copy of her book *I Did: You Can Too* as she sits on her Honda Goldwing. Seabourne wrote the book about various experiences while travelling on motorcycles in North America and Europe.



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■ **NUN:** Seabourne travels with nun

Stories talk about life

FROM PAGE 21

Now riding on some of the busiest and fastest highways in the world, such as Hwy. 401, the I-75 in the United States, the Autostrada in Italy and Germany's Autobahn, doesn't faze her at all.

"They're all just another highway. Secondary roads are my preference though."

Seabourne said the secondary roads allow her to see more of an area, whether it be Canada, the U.S. or somewhere in Europe.

And while clocking 250,000 miles on her various motorcycles on roads throughout North America and Europe, Seabourne's only had a few minor accidents, but she's never been injured. One of her accidents took place in the Dolomites, a rugged mountain range in northern Italy.

Seabourne said as a Goldwing rider she's spoiled. She said you can almost abuse a Goldwing and it will still keep going.

But she didn't have that bike in the Dolomites. The bike was one she had stored in Europe and that was supposed to be maintained for her. "I don't fix bikes, I just ride them."

Facing massive mountains, one which had 36 switchbacks heading up and 29 heading down, she never doubted her riding ability and ability to take on the range, until she got there with that motorcycle.

"I went down in a hair-pin turn. I was so scared on that ride; the brakes and clutch on the bike were just mushy."

After take a blow to her self-esteem and body, Seabourne said the bike was picked up and taken to the motel where

she was staying. She never got back on that bike and for the first time went home early from a trip.

"I was rattled and sore. When I got back home, I didn't get back on my bike for a bit," she recalled.

But she did get back on after a friend from Niagara Falls convinced her to go for a ride.

When she first started riding, Seabourne said there weren't many female riders when she first started riding.

"I advertised on the radio and in newspapers looking for other female riders."

She got lucky and someone responded to one of her ads.

From there, Seabourne was introduced to the Motor Maids, a women's motorcycling organization in North America that started in 1940. It has approximately 1,200 members across Canada and the U.S.

She met some of the Motor Maids, including Audrey Alexandre, at an annual memorial ride in Welland. Alexandre was the first Canadian member of the Motor Maids.

There were 52 women at one of the memorial rides.

"I couldn't believe there were that many female riders. They were all age ranges."

One of the oldest riders Seabourne travels with is an 82-year-old nun named Morena. The two have travelled around Europe and even stayed at a monastery in Ireland.

They took a bishop on a pilgrimage During a ride the two took in Germany.

"I had just arrived in Germany and was in a foul mood and I didn't feel like riding right away."

But getting out on some twisty, windy back roads changed her mood and she and Morena had the opportu-

nity to take the bishop on their bikes.

"We took him to a church and had special flags on our bikes. He enjoyed the trip and telling people he just met some 'biker babes.' He was so happy to have met us."

Seabourne, who is an upholsterer, said meeting people, such as that bishop, and seeing all sorts of places and scenery are the reasons she rides.

Seeing the Pacific Ocean at dawn, driving through Toronto Alley, taking hot-air balloon rides, a gondola trip in Venice, riding up to Mount St. Helens, watching buffalo at Yellowstone National Park, viewing fjords in Norway and seeing 50,000 bikers gather on a Friday, the 13th, in Port Dover are just some of the highlights of her rides over the years.

One trip that changed her life — a life that hasn't been easy, with a son who died of a sudden heart attack in 2006 and a daughter who was murdered in 1995 — was to the concentration camps of Dachau and Auschwitz-Birkenau.

"Seeing the guard towers, photos of people who were killed there and the ovens, it was like walking into hell. It was a real learning experience."

It's experiences like that which led her to write *I Did: You Can Too*.

The self-published book has 45 stories, some short, some long.

She likes her book, which can be found on Amazon.com and Barnes and Noble, encourages others to go chase after their dreams in life.

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■ **TIM HUDAK:** Conservative leader goes after health networks

MPP Kim Craitor raps Hudak over LHINs

RMI SPEECH
Q1 Agency

Niagara Falls MPP Kim Craitor is skeptical of recent comments by Ontario Progressive Conservative Leader Tim Hudak slamming the area's Local Health Integration Network.

"It has a history he can't hide from," Craitor said when asked to respond to Hudak's scathing criticism of the Hamilton-Niagara Haldimand Brant LHIN.

"I've got questions about our LHINs myself. But Tim was there when (then Premier Mike) Harris created the Niagara Health System years ago. He had a chance to stand up and say it won't be good for patients to have two different health systems. Now, he wants to be seen as the speaker of health care."

It was the previous Conservative government that decided to amalgamate Niagara's eight hospitals into one hospital board in 1959, known as the Niagara Health System.

Then, in 1969, Premier Dalton McGuinty's Liberal government created 14 Local Health Integration Networks across Ontario to be responsible for health-care planning and funding for their areas.

The LHIN representing Niagara has run into public criticism for its support of a controversial hospital restructuring plan unveiled by the LHIN in 2006. The plan was debated and formally adopted by the LHIN board in January 2009.

Politicians, including Craitor, have called for both the LHIN and all LHINs to be put under the microscope, or even act as proxy for the government's decision to delay, for

least a year, a mandatory legislative review of LHINs.

But Craitor said it seems Hudak's latest attack on the provincial government and the LHIN is more about party politics.

In a statement last week, Hudak slammed this area's LHIN for being involved in "a series of the same corrupt and spending abuses that led to the billion dollar 'Health scandal'."

He said the LHIN handed out a \$75,000 contract to a private U.S. health care consultant for "community engagement" services. Hudak said the consultants, despite being based in Michigan, billed Ontario taxpayers for multiple flights to and from Florida.

He said the consultant, Jay Connor, filed "frivolous" expenses that included a stay at a Tennessee Starbucks and fast-food meals in Detroit. "All expenses were paid out of health-care dollars," he added.

Hudak, MPP for Niagara West-Glanbrook, said the LHIN also handed out a \$95,000 contract to consultant Dan Banko to do two-months work in community engagement.

Hudak said the amount of money being paid in six-figure salaries to LHIN executives and managers has nearly doubled to more than \$1 million since 2006, according to Ontario's Sunshine List, released last week.

This includes LHIN CEO Pat Mandy, whose salary has shot up by 24% — to \$289,000 from \$236,000, he said.

"If we're not getting a value for the money we're paying on unvetted contracts, U.S. consultants and frivolous expenses at the LHINs is a dollar that should be going to frontline patient care," said Hudak.

"We have to have value for our money. They deserve better than to see their dollar go to waste."

Hudak said diverting health-care dollars away from patients and families, and towards "high-flying U.S. consultants, is proof LHINs are not working."

"Dalton McGuinty's LHINs model is broken and has to go,"

LHIN chairwoman Juanita Gledhill said during the agency's 2006 startup period, the LHIN did not have a full staffing complement, therefore resources for community engagement, activities, projects and collaborations, were limited.

To meet its accountability commitments to the Ministry of Health and the citizens it serves, the LHIN used unvetted contracts to complete its work, she said.

Gledhill said the total paid to Connor's organization, The Collaborative for Community Support, was \$13,650 — significantly less than the figure quoted by Hudak.

As an analyst, Connor has done a lot of work involving community-wide solutions, said Gledhill.

She said the LHIN also entered into a contract with Banko's company, Little Green Tree, during its startup period. The contract was \$98,000, however, only \$57,000 was paid, said Gledhill. Banko provided assistance with the development of the LHIN's first integrated health service plan and a community outreach report.

"When we were first established, we didn't have the staff, but we needed to do the work. We needed to get on with it," said Gledhill. She added the agency was now reliant on "external expertise" to get its work done.

"Our board takes our obligations and stewardship for taxpayer dollars very seriously and we've been very diligent about meeting the provincial procurement policies of the day."

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Supplied photo
Gerald White, left, manager of Metro in Niagara Falls presenting Lakeshore Catholic High School principal Dan DiLorenzo with a \$1,000 cheque for the Green Apple School Program.

Grant will help garden grow at Lakeshore

For InPort News

PORT COLBORNE — Lakeshore Catholic High School will be bringing spring to life in the coming weeks with its sustainable garden initiative.

The school was recently awarded a \$1,000 grant through the Green Apple School Program that provides schools with money towards environmentally friendly initiatives.

In recent years, the school has been a forerunner on the environmental front earning itself a silver medal in the provincial Eco Schools designations.

The school, in line with Niagara Catholic District School Board priorities, is making a strong move towards becoming 'greener'.

This current project focuses on local sustainability. The school will be putting the money towards fencing, soil, tools and plants for a large vegetable garden plot.

The move cuts the school's carbon footprint down by reducing the need for transportation of produce used within the culinary classes.

Lakeshore Catholic will now be able to grow many of its own vegetables on site.

This also provides students with the chance to learn about how food actually makes its way from the earth to our kitchens and to get involved in the growing process.

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